

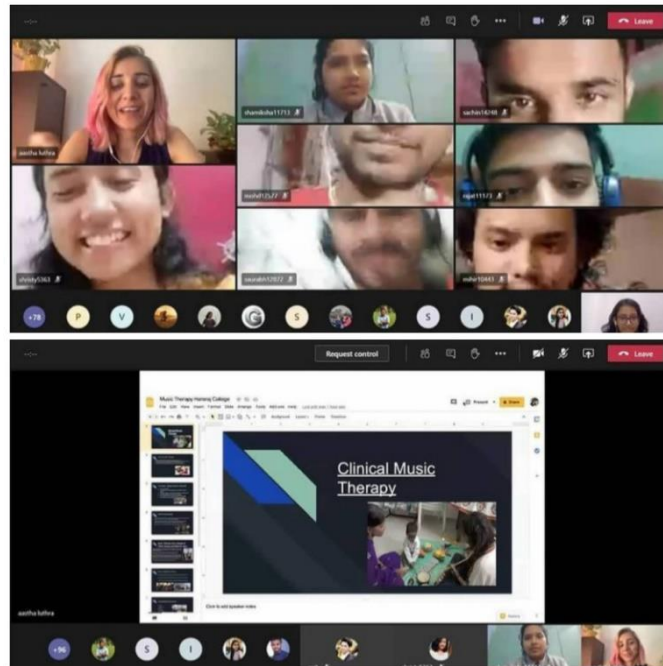


**2020-2021**

**Name of the Department/Society:** National Service Scheme

**Name of the Event 36:** Music Therapy Session

**Date of the Event:** 11<sup>th</sup> February, 2021



We at NSS Hansraj, on the fourth day of the love week, i.e., 11th February 2021, organized a music therapy session so as to learn more about the numerous benefits of music. The online session saw avid participation of 160+ attendees and was addressed by the eminent clinical music therapist Ms. Aastha Luthra, who is currently working at St. Jude Child Care Centre, India. She enlightened the audience about how music can be used to address the emotional, physical, and social needs of an individual and has also been proven to be helpful against disorders like anxiety and depression. In the end, a Q/A session was held, in which, volunteers mentioned their favourite songs and discussed the various aspects involved in music therapy. In conclusion, it was a lively and energetic session that helped us spread awareness about this unique form of therapy and reiterated the need to educate more people about it.